

Case 08Cr00789(RJS)

To; Hon Richard J Sullivan

My name is Roberto Sanchez 90282-054

On November 26, 2019 I file a motion for Compassion
& Compelling release under the First Step Act,

I like to AMEND my Medical records to
this motion. Statutory Provision of 18 U.S.C. &
3582(c)(1)(A) and a Copy from Bop Bulletin.

Sir I like you to know that if you gave me
this second chance, I plan to work hard and
help with my younges Daughter Hope that she's
about to go to Collage & Also I plan to go
middle & High School if I could to talk to the
new generation about how important an Education
is. There's no short cuts in life.

I am a Diabetic, take insulin.
have high blood pressure.

Thank you Sir,
Roberto Sanchez

~~Attache~~ Can you request my medical record please
Here in Elkton Ohio are 3 Confirmed Cases of Coronavirus
65 in quarentine. The Govt aren't helping and every
body is getting sick Please Sir Help.




U.S. Department of Justice

**Federal Bureau of Prisons
Federal Correctional Institution**

Elkton, Ohio 44415

March 20, 2020

MEMORANDUM FOR: INMATE POPULATION

FROM: Health Services Administrator 

SUBJECT: COVID-19 Frequently Asked Questions

In January 2020, the World Health Organization declared the spread of Caronavirus also dubbed "COVID-19" a public health emergency with the Centers for Disease Control (CDC) responding accordingly. More recently, these same experts have acknowledged COVID-19 a global pandemic. Many inmates have approached staff with questions about COVID-19, the memorandum is intended to answer many of those frequently asked questions with the answers taken from the CDC.

How is COVID-19 spread?

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

How do I protect myself?

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - o With soap and water **FROG: Friction Rubs Off Germs**
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Avoid close contact** with people who are sick.
- Clean and disinfect frequently
- Avoid sharing personal items such as dishes, drinking glasses, towels, bedding, or razors.

SANCHEZ, ROBERTO 90282054

What symptoms do I look for?

- The symptoms may appear 2-14 days after exposure
 - o Fever
 - o Cough
 - o Shortness of breath

What cleaners are effective on COVID-19?

- The FBOP has approved HDQC2 for all-purpose cleaning. HDQC2 is effective against Caronaviruses. As with any cleaner, it must sit and permitted to air dry, or "wet time." HDQC2's wet time is 10 minutes.
- Handwashing requires soap and water. This soap can be hand soap, dish soap, or shampoo.

What do I do if I'm feeling sick?

- Report to sick call during designate time frames. If you get sick, notify your duty supervisor or unit officer who will contact Health Services.

Who is at risk for COVID-19?

- No one is immune to COVID-19
- Some people may be at higher risk of getting very sick from this illness. This includes:
 - o Those age 50 and older
 - o People with underlying medical problems like
 - Heart Disease
 - Diabetes
 - Lung Problems such as COPD or Asthma
 - Those who are Immunocompromised

Is there a vaccine?

- There is no vaccine for COVID-19, scientists are working on a vaccine but it won't be available for some time.

Can I go outside?

- Yes, being outdoors is recommended but maintain, "social distancing" of at least 6 feet.

Can I exercise?

- Yes, if you are not sick, you can exercise. - Your equipment must be cleaned with HDQC2 for the appropriate wet time.